



FIND THE BALANCE BETWEEN WORK, LEISURE AND SLEEP

FIRSTBEAT **LIFESTYLE ASSESSMENT**

A photograph of a woman and a man in a professional setting. The woman, with long brown hair, is leaning over a laptop and smiling. The man, with dark hair, is sitting in front of her, looking at the screen. Three white callout lines originate from the image: one points to the woman's head, another to her hands clasped in front of the laptop, and a third to the laptop screen itself.

**MANAGE
STRESS**

**ENHANCE
RECOVERY**

**EXERCISE
RIGHT**

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